

COLONOSCOPY Date: _____

If you have questions or wish to cancel the procedure, call **202-745-8523**

Call **202-745-8522**, option 5 for a recorded message of these instructions

Procedure location: 3A-166A
Washington DC Veterans Affairs Medical Center
50 Irving St., NW, Washington, DC 20422

7 DAYS BEFORE TEST Date _____	3 & 2 DAYS BEFORE TEST Date _____	1 DAY BEFORE TEST Date _____	DAY OF TEST Date _____
<p><u>Verify your bowel prep (GOLYTELY)</u> If you have not received your bowel prep, call 202-745-8523</p> <p>IF YOU RECEIVED Miralax (polyethylene glycol) as part of your bowel preparation, START TAKING IT TWICE A DAY</p> <p><u>Verify your driver or escort</u> Your escort must check in with you and stay until you leave on the test day. *COVID-19 pandemic changes: your escort must pick you up within 30 minutes of your discharge time.</p> <p><u>BLOOD-THINNING MEDICATIONS:</u> May need to be stopped. You must contact your Primary care Physician if you take any of these medications: Warfarin [Coumadin] Clopidogrel [Plavix] Rivaroxaban [Xarelto] Apixaban [Eliquis] Dabigatran [Pradaxa] Dypiramide/ASA [Aggrenox]</p> <p><u>Stop taking the following:</u> Iron, Multivitamins, Metamucil or Fiber products</p>	<p><u>Follow a LOW FIBER DIET for 2 days</u></p> <p>Do not eat fruits, nuts, seeds, vegetables or red meat.</p> <p><u>Feel free to eat</u> Chicken, seafood, eggs, rice, mashed potatoes, white bread and pasta.</p> <p><u>Drink plenty of clear liquids</u></p>	<p><u>Start a Clear Liquid Diet ALL DAY</u> Do not eat anything solid. IF you eat any solid food, your procedure may be rescheduled.</p> <p>Do NOT DRINK anything that you cannot see-through or liquids that are red or purple.</p> <p><u>Prepare the bowel prep:</u> Fill the whole Golytely bottle with water. You may add Crystal Light Lemonade-flavored powder to the Golytely. Refrigerate until ready to use.</p> <p><u>Drink the bowel prep at 6 pm:</u> If you have 1 bottle of the GOLYTELY, drink HALF of the bottle. If you have 2 bottles, drink 1 entire bottle. Drink 1 glass every 10 minutes until finished. Continue to drink plenty of <u>water</u> until <u>midnight</u>.</p> <p><u>Medications:</u> Diabetics: take half dose of diabetic medication in the evening IF you take it twice daily.</p>	<p><u>Finish your bowel prep</u> Start the last of your prep 6 hours before you leave home, you MUST finish the prep within two hours.</p> <p>*If you received 2 bottles with your prep, only drink ½ of the second bottle (OR as directed).</p> <p><u>YOU MUST FINISH THE PREP 4 HOURS BEFORE YOUR PROCEDURE</u></p> <p><u>Medications:</u></p> <p>Diabetics: DO NOT take your diabetes medications. Check your blood sugar.</p> <p>DO NOT take diuretics (WATER PILLS).</p> <p><u>YOU CAN</u> take most of your other daily medications with small sips of water such as: Blood pressure, anti-arrhythmia (heart), pain medication.</p> <p><u>REPORT TO GI CHECK-IN, ROOM 3A-166A 1 hour prior to your appointment time</u></p> <p>An adult must be present with you at check-in and stay until you leave. <u>Your procedure will be rescheduled</u> if you do not have an adult with you. *COVID-19 pandemic changes: your escort must pick you up within 30 minutes of your discharge time.</p>